

Core self

Instil a sense of hope

Hope helps students hold on to the possibility of change and the anticipation and wish that tomorrow will be better. When hope is present it can make the most difficult challenges feel manageable and survivable. As a tutor encourage students to have aspirations and dreams about what would make school a better place.

Teach the child to understand other people's feelings

It is important that students can understand and be aware of other people's feeling. It helps them get along with other students, to care about others and to feel confident and happy in other people's company.

Help the child to know her/himself

In order for students to know themselves they need to feel good about themselves from the inside. Helping students feel good from the inside is about encouraging them to learn about themselves while being accepting of the fact that there are bits that they may need to change. Students who have a strong sense of themselves often have more confidence and higher self-esteem. They can manage situations more successfully because things are less overwhelming when they have some idea of the way they feel and why.

Help the child take responsibility for her/himself

Help your students build their capacity to take responsibility for themselves. By knowing themselves they can see that they have a relationship to the things and people around them and can influence this, rather than assuming things happen to them. Help them know their own sense of usefulness and personal power. Grabbing hold of daily opportunities to help them control situations and understand they have the power to make choices and decisions in their life helps them see they can take control of their lives rather than life happening to them.

Foster their talents

Build qualities and develop the good points students already have, maximising their influence. By fostering their talents we give them a chance to understand more about their abilities. Often students are good at things they don't notice or they don't value. Doing fun stuff and fostering talent is a way to begin to experience some choice in life, a sense of achievement and competence.

Using tried and tested treatments for specific problems

Encourage students never to be scared of getting support for specific problems. Support that may be available is mentoring, counselling, anger management, teenage pregnancy support, drugs and alcohol support etc. This support can help students cope with the challenges and stresses of growing up.